

# Active LIVING

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December 2013

*Formerly the Isabella Senior News*

Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging  
Friends of Isabella Seniors - 2200 South Lincoln Road, Mount Pleasant, MI 48858 - (989)772-0748 - [isabellacounty.org/dept/coa/news.html](http://isabellacounty.org/dept/coa/news.html)



Lois Breidenstein and Brenda Upton

## *Special thanks to* the Daniel P. Breidenstein Living Memorial Auction Donors, Breidenstein Family, The Bird Bar & Grill Staff and Community Participants

The November 2, 2013 Daniel Breidenstein Living Memorial Auction, held at The Bird Bar & Grill in downtown Mt. Pleasant, generated \$8,850.00. Pictured above, Lois Breidenstein presented the ceremonial check to Brenda Upton, the Director of the Isabella County Commission on Aging. The money will be used to reimburse Commission on Aging volunteers for their mileage.

## Hoops for Hunger

Commission on Aging  
&  
CMU Women's Basketball

Wednesday, December 18  
CMU vs. Prairie View A&M



### Reservations Required

Open to all individuals 60+

9:30 Brunch At COA  
(Brunch Donation requested)

11:00 *IRide* Bus to game

12:00 Game Time  
Fire up Chips!

2:30 *IRide* back to COA

Register by Dec. 16  
Please call: 772-0748

Director’s Comments

Since the passing of Dan Breidenstein, Lois Breidenstein, her family and the employees at The Bird Bar & Grill have organized and conducted an annual auction to benefit community service organizations. The Commission on Aging was again, for the third year in a row, the lucky recipient of their labors. On November 2nd we were once again selected to receive the proceeds of the Daniel P. Breidenstein Living Memorial Auction which was held at The Bird Bar & Grill.

The Breidenstein Family and the employees of The Bird Bar and Grill do all the work. They contact a variety of community businesses and individuals and ask them if they would be willing to donate items that could be auctioned at their fund raiser. This year the auction took place on November 2nd. It started at 4:00PM and finished at approximately 7:30 p.m. The bar was packed with people. Well over 130 people were in attendance and nearly all of them participated either in the live auction, the silent auction or the raffles. It is easily the best time I have ever had at a fund raiser. And that is due to the fact that Lois, her family and her employees work hard at pulling the auction together and managing it throughout the evening. Everyone has a good time.

The Commission on Aging is so very grateful to Lois Breidenstein, her family and her employees. It takes a lot of time and hard work to bring the auction together. We truly appreciate being the recipient of their efforts. This year’s auction brought in over \$8,850.00, the most ever generated at one of their auctions. The funding will stay right here in Isabella County and be used to reimburse our volunteers for the mileage they generate when delivering meals, transporting clients to medical appointments, providing Friendly Visiting and volunteering as a Foster Grandparent or Senior Companion.

We, at the Commission on Aging and our entire community are fortunate that individuals like Lois Breidenstein, her family and her staff live here. Their spirit of giving back to the community and supporting those in need should be commended by all of us.

Thank you so much for your generosity and giving spirit. You make our job and all our services better.

Brenda J. Upton, M.A., COA Executive Director



Wishing You a Peaceful, Happy Holiday Season!  
From the Staff of  
Isabella County Commission on Aging

Mission Moments

The Nutrition Program provides a hot meal each day, but for many it is more than a meal, it is the contact with another person each day. I received a call from a family member who stated that her mother was no longer able to have solid food and because of this could not enjoy home delivered meals. The daughter went on to explain that after the meal delivery ended, she noticed a decline in her mother’s mood. After further discussion with her mother, the daughter figured out that her mother had a special bond with the volunteer driver who delivered meals, and we were able to reconnect the volunteer with the participant for occasional visits. Volunteers who deliver meals do so much more. They provide a smile, a joke or friendly conversation. Volunteers are so valuable to all Commission on Aging programs; they touch lives in so many ways.

Carmel Slebodnik, Nutrition Program Coordinator

Ask a COA Specialist

**Question:** I am the caregiver for my mom with Alzheimer’s disease. My sibling wants her to attend a big holiday gathering at her home. I think the party may be too much for mom to handle and we should just skip the festivity. I am stressed out trying to figure out how to tell my sister without causing an argument.

**Answer:** The holidays offer plenty of reasons to be stressed out and anxious. The goal is to try and make this season as peaceful and stress free as possible for yourself, as caregiver, and your mom. Depending on your situation and the distance from her home, your mom may still be able to be a part of the festivities for a short duration. You may not be able to stay as long, but stopping in to make an appearance may avoid an argument. Just keep in mind that many people with dementia find multiple conversations and background noise disturbing. They can become over stimulated. To avoid this anxiety, your mom may benefit from time in a quieter room, where family members could take turns visiting with her. If these options will not work, as hard as it might be, just be up front with your sibling. Let her know that mom will not be able to handle a big festivity. Possibly suggest your sister or additional family members stop in to see mom at her home on different days around the holidays, so it is not too overwhelming for her and they still get to be a part of their mom’s life during the holidays.

You Can Ask a COA Specialist

Please mail your questions to:

Ask a COA Specialist  
Isabella County Commission on Aging  
2200 S. Lincoln Rd.,  
Mount Pleasant, MI 48858

Or call (989)772-0748 ext. 236  
Or Fax (989)773-0514

This page is sponsored by: the Leonard Plachta Family To Honor Members of America’s “Greatest Generation”



## New Computers at COA



When the Commission on Aging moved into our new building in August of 2008 we installed six used computers into our Computer Lab that had been given to us by the County. At that time those computers were already about five years old and slow. As time has gone by they have gotten even slower and more difficult to use. Every time we needed them to help with Medicare Part D enrollment, or for use during the tax season they seem to get even slower and slower. We have tried to have computer classes and have had some success, but it still remained difficult.

Well, that has all passed. Those computers are now gone and have been replaced with six brand new computers. This was made possible through a special anonymous gift given to the Commission on Aging specifically to purchase new computers. We are thrilled!

The computers are available for use by our older adult program participants when we do not have them scheduled for special program use (i.e. Medicare Part D Enrollment, tax assistance, computer classes...etc.). Please check with our Activities Program Coordinator, Sally Wojciechowski for available times.

Thank you to our anonymous donor for this very special gift to the Commission on Aging and the older citizens of Isabella County.



## CMU Student Volunteers

The Commission on Aging is continually blessed to receive wonderful student volunteers from CMU. Whether they are Ride Buddies, Friendly Visitors or working for COA Special Projects, the students provide enthusiasm and energy to all they do at COA. Part of the reason the Bazaar was so successful was because of the special assistance we had from several Central Michigan University students (pictured at left) who spent nearly the entire day helping to both set-up before and clean-up after everything was finished. Thanks so much!

## Friendly Visitors Needed!!

Friendly Visiting is a program where volunteers of all ages are matched with homebound older adults who just need a friend to visit and interact with to help brighten their day. Our Friendly Visiting Program is for you if you have –

- time to give (we ask a minimum of an hour a week or every two weeks)
- have a desire to make a difference in an older adult's life
- have a desire to give back to your community.

We are looking for persons who have a friendly disposition and are reliable and trustworthy. Don't hesitate to call Michelle Howes at **(989) 772-0748** to help ease the loneliness in someone's life. Thank you.

## Woodland Hospice to offer Dessert & Learn Series

All of us experience loss in our lives. During the holiday season feelings of loss can be especially prominent. Woodland Hospice will be offering an alternative to traditional grief support groups. Enlisting the help of the classic and hilarious TV sit com, The Golden Girls, you will be invited to explore your feelings in a new and uplifting manor.

Please join us after lunch on December 16 from 12:45 to 2 p.m. Please call **989-772-0748** if you would like to reserve a meal 24 hours in advance. Dessert will be provided.

## Legal Services

**Lakeshore Legal Aid provides legal advice to people over age 60.**

**For an appointment call Toll Free:**

**1-866-552-2889**

**At this time, Lakeshore is no longer preparing wills, advance directives or power of attorney forms.**



## 2013 Access to Care Day with Dr. Keith Bever, Jr. DDS and Staff



**Pictured above are Dental Staff and Dr. Keith Bever, Jr., DDS providing free care to COA clients.**

For the third year in a row Dr. Keith Bever, Jr., DDS and his staff have partnered with the Commission on Aging to volunteer their time to provide several Isabella County older adults with free oral health care. Dr. Bever and his staff set aside one full day to provide free cleaning, an exam and x-rays. Minor restorative work is offered at no charge if there is a need and time allows. If the older adult needs extensive work, Dr. Bever will recommend a course of action for them to follow. The participant is free to seek the needed repair from another source or from Dr. Bever.

The Commission on Aging Social Workers pre-screen all older adult participants to make sure they live in Isabella County and don't have any other means to pay for the dental care. The idea for "Access to Care Day" came from Dr. Bever. He has, for several years set-a-side special free care days for children, but came to the Commission on Aging and said he would like to work with us to do something for older adults. On behalf of the program participants we thank Dr. Bever and his staff for a very special gift. The service from Dr. Bever and his staff help to make our community a "Special Place."

## AARP Tax-Aides Still Needed

It may seem too soon to be thinking about doing your taxes, but our volunteers are already planning how they can better help you with your state and federal income tax returns. The Commission on Aging will continue to assist with this free service to our community.

If you're interested in helping your community and having fun while doing it, consider becoming a TaxAide Volunteer. Volunteers typically work at the preparation sites 1 or 2 days a week. Prior tax experience is not necessary, but it is helpful. You should be comfortable using a computer because the returns are prepared using a computer tax program. You will receive extensive training starting January 3 and will always have IRS approved materials and experienced volunteers available to work with you as reference sources.

The tax preparation program is geared to prepare both state and federal income tax returns for middle and low-income people, with emphasis on those 60 or older. Tax return preparation will be scheduled from February 6 through April 9 at the Commission on Aging and various other sites in Isabella County. Please watch for the details regarding times and location of preparation sites in the January issue of Active Living.

If you would like more information about volunteering, call Ginny Cain at the Commission on Aging (772-0748). We hope that more volunteers will be added to the program this year so that we can continue to improve the income tax return service that we offer you!

*This page is sponsored by: **Crestwood Village Assisted Living***

**Consumers Energy Phone Scam Alert**

Consumers Energy is warning the public about a phone scam that demands customers quickly pay for utility payments over the phone using a Green Dot prepaid credit card.

Reports of this scam have come from customers in Genesee County as well as the Grand Rapids area from callers claiming to represent Consumers Energy.

A typical scenario involves the caller, who can speak in English and Spanish, demanding payment for a Consumers Energy bill within an hour, and telling the customer to purchase a Green Dot prepaid credit card available at drug and food stores. Customers are then directed to call an 866 toll-free phone number to pay the utility bill with these cards.

Residential or business customers who believe they may have been victims of this scam or who have related concerns should call Consumers Energy at **800-477-5050**.

“Consumers Energy never demands payment using only a Green Dot card. Customers who are bullied into paying by these imposters will lose their money. We urge customers to be alert to this scam, and never pay over the phone using a Green Dot card. Customers should never give money or personal information over the phone to anyone they do not know,” said Michael Williams, Consumers Energy’s director of corporate security. Consumers Energy has a variety of payment options available for customers, including the ability to pay over a secure Internet site, via U.S. mail, in person at an authorized pay agent location, and by Visa, MasterCard or an eCheck using an authorized Consumers Energy EasyPay agent. Learn more at [www.ConsumersEnergy.com/waystopay](http://www.ConsumersEnergy.com/waystopay)

Tips on avoiding utility fraud are available on the Michigan Public Service Commission’s web site: [http://www.michigan.gov/documents/mpsc/mpsc-ca\\_utilityservicefraud\\_211946\\_7.pdf](http://www.michigan.gov/documents/mpsc/mpsc-ca_utilityservicefraud_211946_7.pdf). Consumers Energy, Michigan’s largest utility, is the principal subsidiary of CMS Energy (NYSE: CMS), providing natural gas and electricity to 6.6 million of the state’s 10 million residents in all 68 Lower Peninsula counties.

*For more information regarding Consumers Energy, visit us at: [www.ConsumersEnergy.com](http://www.ConsumersEnergy.com) or join us on Facebook at [www.facebook.com/consumersenergymichigan](http://www.facebook.com/consumersenergymichigan)*

**December at COA Activity Center**

**Mt. Pleasant Area Historical Society**

The Mt. Pleasant Area Historical Society will meet on December 3, 2013, at the Isabella County Commission on Aging Building, 2200 S. Lincoln Rd., Mt. Pleasant at 7:00 p.m. The meeting will be the annual Christmas party. **The public is invited to attend. Bring a friend and meet members at a fun social event.**

**Genealogical Society of Isabella County**

*“If man cares not for his roots, then how can he care for his branches?”*

The Genealogical Society meets the 2nd Thursday of each month at the Commission on Aging building at 7 p.m.

~ Upcoming Program ~

**December 12:** Celebrate the Holidays – Bring a dish or snack to share. Members will share their discoveries and discuss programs for next year.

More information may be obtained from our website:

<http://isabellagenealogy.org>

**Monthly Breakfast**

The monthly breakfast is served at 8:00 a.m. at Commission on Aging and is scheduled for the second Tuesday of the month on **December 10**. The cost is \$5.00. The menu includes the following:

Breakfast Casserole or Scrambled Eggs  
Bacon/Sausage Fruit Toast or Muffins Juice/Coffee

Please call **989-772-0748** for reservations at least 24 hours in advance. Invite your friends and family and enjoy a hot breakfast. There is no age requirement to attend. Please join us!

**Caregiver Support**

Our Caregivers Support Meeting will be December 17, 2013, at the Isabella County Commission on Aging Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. The meeting is held from 6:30-8:00 p.m. This group is open to all caregivers be it caring for your mother/father, spouse, grandparent or friend. In this group you will receive support, learn strategies for coping with challenging situations, and get ideas that you can immediately implement. Educational handouts are always available. If you have questions about this group, feel free to call the COA at **989-772-0748**.

**Movie and Popcorn \$1.00**

The movie this month is “The Santa Clause” and will be shown on Thursday, December 19, at 12:45 p.m. in Room B. The cost is \$1 for movie and popcorn. Please call **772-0748** 24 hours in advance to reserve your spot for the movie and or lunch. Hope to see you then!



## Upcoming Health Events

Register for these **FREE** classes **listed below** by calling **Health Promotion Services** at **779-5606** or register on line at [www.cmch.org](http://www.cmch.org). The following educational programs are held at **McLaren Central Michigan Hospital, 1221 South Drive, Mt. Pleasant.**

### Personal Awareness

**December 4 6:00 p.m.-7:30 p.m.– FDJ Conference Room**–The Michigan State Police and McLaren Central Michigan have partnered to offer a free seminar on Personal Awareness. Join Trooper **Mike White** as he discusses:

- importance of mental awareness
- how to identify and handle dangerous situations
- characteristics of suspicious, armed individuals
- de-escalation techniques
- reading an individual’s danger signs
- understanding your body language
- how to pose your body when dealing with individuals in various situations

## (SERA) State Employee Retirement Assn.

The State Employee Retirees Association, Chapter 20 will meet Tuesday December 17, 2013, at 12 noon. **The meeting will be at the Mt. Pleasant VFW Hall, 4841 E. Pickard Street, Mt. Pleasant for our Annual Christmas Party.** The cost will be \$9.00 for non-members and \$4.00 for members, as the Chapter will pay \$5.00 towards the dinner. Please bring non-perishable food items(s) for donations to our local food pantry in place of gifts. Also remember the dues for the upcoming year will be \$11.00 due at the time of the dinner. If you pay by check the total amount will be \$15.00. Following dinner we will have card bingo. If there are any questions, please feel free to contact Jackie Curtis at **989-772-0597** or email at [jac62irish@yahoo.com](mailto:jac62irish@yahoo.com). Have a happy holiday.

## Holiday Tips to Prevent Food Borne Illness

*Keep food safety in mind this holiday season. Keep cold foods cold and hot foods hot.*

The Michigan Department of Community Health and the Central Michigan District Health Department urges Michigan residents to pay special attention to the handling and cooking of foods during the coming holiday season. “People at particular risk for food borne illness, including the elderly, children, those with weak immune systems, and pregnant women, should be especially mindful of these possible risks,” stated Michelle Patton, Director of Environmental Health Services of the Central Michigan District Health Department. “To ensure our holiday foods are not only delicious, but safe, the following suggestions of the Food and Drug Administration (FDA) are provided to reduce the risk of the most common food borne illnesses,” stated Director Patton.

**Cooking:** Cook to proper temperatures. Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful microbes that cause food borne illness. Follow temperature guidelines provided with the food packaging; and if in doubt, visit [www.cmdhd.org](http://www.cmdhd.org) for a handy temperature chart you can use for reference.

**Chilling:** Refrigerate promptly. Public health officials warn people to refrigerate foods quickly because cold temps keep most harmful microbes from growing. Refrigerators should be set at 40 degrees F and the freezer at 0 degrees F.

**Baked goods:** The FDA warns people not to eat uncooked cookie dough, homemade or premixed; or batters made with raw eggs, because raw eggs may contain microbes that can cause illness. Proper cooking kills the microbes that cause illness.

**Eggnog:** Eggnog made with raw eggs also presents disease risk to consumers. While cooking can destroy the disease-causing microbes, people can still get sick when the eggnog is left at room temperature for several hours before drinking. Other options are pasteurized eggnog brands sold in grocery dairy cases; these should also be kept refrigerated.

**Turkey:** Thawing the turkey fully before cooking is important to reduce the risk of food borne illness. If a turkey is not fully thawed, the outside of the turkey will be done before the inside, and the inside will not be hot enough to destroy disease-causing microbes. Allow the correct amount of time to fully thaw and cook a whole turkey. For example, a 20-pound turkey needs two to three days to thaw fully when thawed in the refrigerator at a temperature of no more than 40 degrees F. Refer to temperature guidelines for stuffed turkeys which need to be cooked longer. To check a turkey for doneness, insert a food thermometer into the inner thigh area near the breast of the turkey but not touching bone. The turkey is done when the temp reaches 180 degrees F. If the turkey is stuffed, the temp of the stuffing should be 165 degrees F to assure that it is completely cooked and safe to eat.

“Following these simple guidelines will ensure you have a happy and safe holiday season!” says Director Patton. More information is available by visiting our website at [www.cmdhd.org](http://www.cmdhd.org) or by contacting your local health department.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon.

## Q & A with the Human Animal Treatment Society (HATS)

The Humane Animal Treatment Society (HATS) is a membership based non-profit animal welfare organization. We rely on donations, local community support and funding via grants to continue our mission. Through leadership and education, we promote responsibility and compassion for all animals.

We commonly receive questions regarding our operation of the shelter and occasional incorrect reporting of our efforts by the media. The following information serves to clarify our purpose and mission.

**Q. I have heard that HATS now runs the animal shelter. Is Isabella County no longer involved?**

**A.** HATS partners with Isabella County and Animal Control staff to best serve the people and animals of Isabella County. Contributions from our volunteers, fosters, and donors assist with the primary care of the animals, while Animal Control continues to provide valuable services such as licensing and enforcement. This unique operating agreement has saved the taxpayers of Isabella County countless tax dollars and is a model shelter management program throughout the state.

**Q. Is HATS a No Kill Shelter?**

**A.** HATS is proud of their year to date. We have a 90% save rate which is considered no kill status in the animal rescue world. Because we are an open admission shelter for Isabella County, we cannot be classified as 'No Kill' however; at this time, only animals that are a danger to themselves or others or who have unresolvable medical or behavioral issues that we cannot address given our current capabilities, are considered for euthanasia.

**Q. Is HATS a part of the Humane Society or ASPCA?**

**A. No.** The Humane Animal Treatment Society was formed independently by a group of local volunteers in 1999. HATS was dedicated then, and is still today, to decreasing pet overpopulation thus preventing the senseless euthanasia of companion animals. All monies donated to HATS benefit the needs of our local community.

**Q. Is HATS affiliated with any local charities?**

**A. Yes.** We are pleased to announce that HATS is now recognized as a United Way Affiliate Agency Partner. If you are interested in donating to HATS through United Way, simply check the box next to "Affiliate Agency Partner" on the 2013-14 campaign pledge form and write in our name as your designated choice. Together, united, we can inspire hope and create opportunities for a better tomorrow.

**Q. Does HATS rely on volunteers for its day to day operations?**

**A.** While we employ a staff of trained personnel, we do rely on and welcome anyone from the community to help with the daily needs of the animals. If you are interested in volunteering, please contact us for more information on upcoming volunteer opportunities.

**Q. I heard you give cheap vaccinations, is this true?**

**A. No.** We are not a primary care veterinary clinic. The goal of our new Health Clinic is to offer the opportunity for pet owners with limited resources to have their pets spayed or neutered so that they may live healthier, happier lives. We encourage all pet owners to contact one of central Michigan's many qualified veterinarians to establish a relationship for vaccinations and any future veterinary needs.

**Q. Since you have your own clinic now does this mean that the voucher program is discontinued?**

**A. No.** Establishing a long term relationship with a veterinarian is a must to ensure a healthy and happy life for your pet. As a further commitment to ending the euthanasia of helpless animals, we will continue to offer vouchers to caring guardians with limited financial resources, thus giving them the opportunity to have their animal sterilized through one of our collaborative partners in the community.

**Q. Will you provide all future veterinary care for my newly adopted animal?**

**A. No.** Every animal adopted from our shelter has received all age appropriate vaccinations, been wormed, spayed or neutered, tested for Heartworm or FIV/FELV respectively, and has received flea prevention and a microchip. We strongly encourage pet owners to establish a relationship with one of our highly qualified local veterinarians for any and all follow-up vaccine and medical care.

**Q. Do you recommend declawing cats?**

**A. No.** Cats scratch on things for two reasons: to shed their claws and to mark their territory. Declawing traditionally involves the amputation of the last bone of each toe. Declawing should be reserved only for those rare cases in which a cat has a medical problem that would warrant such a surgery, such as the need to remove cancerous nail bed tumors. Educated pet parents can easily train their cats to use their claws in a manner that allows everyone in the household to live together happily.

**Q. I heard that HATS is seeking people willing to donate cats to their Barn Cat Program. Is that true?**

**A. No.** While HATS partners with Isabella County Animal Control on the Barn Cat Project the program is designed for those cats that are already in our care, and who will do best in an outdoor home due to behavior or personality traits.

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*This page is sponsored by:* **Tendercare and Extendicare Facility**

Activity Center

DECEMBER ACTIVITIES

Monday	Tuesday	Wednesday
2 8:30 Medicare D (Lab) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 11:00 Word Search/Crosswords (C) 10:00 Dulcimers Practice (Craft) 12:00 Community Service Council (A) 1:00 Pinochle & Dominos (C) 1:30 Yoga (F)	3 9:30 Tai Chi Five Elements (F) 10:00 Country Music (B) 12:30 Banjos & Guitars (B) 12:30 Card and Board Games (C) 5:00 COA Advisory Council (BR1) 7:00 Mt. Pleasant Historical Society (A) 7:00 Evening Bloomers (Craft)	4 8:30 Medicare D (Lab) 10:00 Greeting Cards/Scrapbooking (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 10:30 Cookie Exchange Day (C) 1:00 Happy Rippers (Craft) 1:00 Bridge Pepper Euchre (C) 2:00 Receptionist Training (B)
9 10:00 Dulcimers (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 10:00 Dulcimer Practice (Craft) 10:30 Movie “A Christmas Story” (B) 1:00 Pinochle and Dominos (C) 1:00 Legal Service (CR1)1:30 Yoga (F) 1:00 Readers Theatre (Craft)	10 8:00 Breakfast (C) 9 :30 Tai Chi Five Elements (F) 10:00 Needle Crafters (Craft) 10:00 Country Music (C)12:30 Banjos-Guitars (B) 10:30 Movie “Elf” (B) 12:30 Card/Board Games (C) 1:00 CMU Bridge (Craft) 2:00 FGP/SCP Advisory (A) 2:00-4:00 Intermediate Line Dancing (C) 6:00 Quilt Guild (B) 7:00 Mid Michigan Wood Workers (C)	11 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 10:30 Area Ministers (A) 11:15 Deal or No Deal (C) 1:00 Movie “Deck the Halls (B) 1:00 Book Club (Lib) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge Euchre Pepper (C)
16 8:30 Medicare Part D (Lab) 10:00 Dulcimers Practice (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 11:00 Christmas Craft Project (C) 12:00 Mt. Pleasant Garden Club (A) 12:45 Dessert and Learn (B) 1:00 Pinochle and Dominos (C) 1:30 Yoga (F)	17 8:30 Friends of Isabella Seniors Mtg (BR) 9:30 Tai Chi Five Elements (F) 10:30 Movie “Christmas With the Kranks” (B) 12:30 Ice Cream Social (C) 1:00 Cards and Board Games (C) 2:00 I Pad Class (B) 6:30 Caregiver Support Mtg. (Craft) 6:30 Friends of the Broadway Theatre (A)	18 9:30 Brunch before the Basketball Game 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) Noon CMU Women’s Basketball Game 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge Euchre Pepper (C) 2:00 Women’s Aid Service (B)
23 10:00 Dulcimers Practice (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 11:30 Nutrition Ed. (C) 1:00 Pinochle and Dominos (C) 1:00 Legal Service (CR1) 1:00 Readers Theatre (Craft)	24  <b>CLOSED</b>  <b>Christmas Eve</b>	25  <b>CLOSED</b>  <b>Christmas</b>
30 10:00 Dulcimers Practice (Craft) 10:15 Hi/ Aerobics (F) 10:30 New Year’s Party (C) 11:00 Lo/Aerobics (F) 1:00 Pinochle and Dominos (C)	31  <b>CLOSED</b>  <b>New Year’s Eve</b>	  <b>Food With Friends</b> <b>Daily, Monday thru Friday</b> <b>Noon in Activity Room C</b> <b>See our Menu on Page 12</b> <b>in this issue!</b>

*This page is sponsored by:* **McLaren - Central Michigan Hospital**



2200 South Lincoln Road, Mt. Pleasant—For more information please call **772-0748**

Thursday	Friday	Saturday
5 8:00 Leadership Team (B) 9:30 Tai Chi (F) 10:00 Learn to Knit (Craft) 11:00 Crossword/Word Search (C) 1:00 Beginner Line Dancing (C) 1:30 Art Class (Craft) 6:00 Clowns (Craft)	6 8:30 Medicare D (Lab) 8:30 FGP/SCP Christmas Party (A and B) 10:15 Hi/Aerobics (F) 10:00 Jam Session (Craft) 11:00 Lo/Aerobics (F) 10:00 Poker, Chess or Checkers (C) 12:30 Ukulele (Craft) 12:45 Woodland Hospice Bingo (C)	7
12 9:30 Tai Chi (F) 10:00 Learn to Knit (Craft) 11:00 Bells-Chippewa Nature Center (C) 1:00 Beginner Line Dancing (C) 6:30 Community Cancer Services Mtg. (Craft) 7:00 Mid Michigan Patriots (A) 7:00 Genealogy Mtg. (B)	13 10:00 Poker/Chess/Checkers (C) 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Gingerbread Houses (C)	14
19 8:30 SCP Quarterly Training (A) 9:30 Tai Chi (F) 10:00 Learn to Knit (Craft) 11:00 Christmas Karaoke w/Brianna (C) 12:45 Movie “The Santa Clause” (B) 1:00 Beginner Line Dancing (C)	20 10:00 Jam Session (Craft) 10:00 Poker, Chess or Checkers (C) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Meijer Bingo (C) 6:00 <b>Community Dance (C) \$5.00</b> <b>DJ/Singer/Oldies 50 and 60’s</b>	21
26 10:00 Learn to Knit (Craft)  No Line Dancing Today	27 10:00 Poker, Chess or Checkers (C) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 12:45 Laurel’s Bingo (C)	28  1:30 Charlene’s Work Group (Craft)
<i>The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows:</i> A = Activity Room A                      F = Fitness Room B = Activity Room B                      CR1 = Conf Room B139 C = Activity Room C                      Lab = Computer Lab Craft = Arts & Crafts Room              BR = Board Room B126		<b>10:00 to Noon</b>  <b>Wii Bowling</b> <b>Every Day</b> <b>Room C</b>

Music

Community Dance

Sponsored by the “Red Hat Strutters”

Friday, December 20

6:00 - 9:00 p.m.

COA Activity Center

Oldies 50’s/60’s&Country Old/New

Donation: \$5.00

Banjos and Guitars

12:30 p.m.

Tuesdays, Dec. 3 & 10

Play Your Dulcimer

Every Monday at 10:00 a.m.

Ukulele Lessons

12:30 p.m. Fridays

Dec. 6, 13, 20

Jam Session

Fridays at 10:00 a. m.

Dec. 6, 13, 20

Art / Classes

Art Class

Beginning Watercolor

and Beginning Drawing

January 9-February 13

Thursdays

1:30 p.m. to 3:30 p.m.

Cost: \$40.00

For a class reservation call the COA at 989-772-0748. Payment is made to the instructor the first day of class. You will be told that day what materials you will need to purchase for the class.

Classes

Computer Help

There will be help with your computer questions starting again on Thursdays in January.

Learn to Knit

First 4 Thursdays of the month, 10:00 a. m.

Come be taught by those who know.

Readers Theatre Group

Second and Fourth Mondays of every month at 1:00 p.m.

Square Dancing

Will resume sometime in April 2014.

Line Dancing

Intermediate

Second and Fourth Tuesdays at 2:00 p.m.

Every Thursday

1:00 p.m.- 3:00 p. m. Beginner

\*\*\*\*\*

Greeting Card Making

and Scrapbooking

Wednesday, December 4

10:00 a.m. to noon

Come out to the COA Craft Room and learn how to make a greeting card and how to scrapbook. The cost is \$10.00 with all supplies and tools to use being furnished. Call the COA Activity Center at 989-772-0748 if you are planning to come. A volunteer with many years of experience will show you how.

Bingo at the COA

Friday, December 6 - 12:45 p.m.

Friday, December 20 - 12:45 p.m.

Friday, December 27 - 12:45 p.m.

Deal or No Deal

December 11 at 11:15a.m. prior to lunch

Exercise Classes



Gentle Yoga Class

January 6-March 10

8 classes for \$60.00

Mondays from 1:30 - 2:30 p.m.

Students can drop in for \$10.00 per class.

(no class 1/20 and 2/17)

Tai Chi Five Elements Class

Tuesdays and Thursdays, 9:30 to 10:30

December 3 - December 19

\$45.00 for 6 classes or \$10.00 a class

Certified Tai Chi for Arthritis Instructor

Intermediate practice 10:30 a.m. \$5.00

To register, call Judi 989-773-0786

Water Aerobics

Monday thru Friday

7:30 a.m. to 8:30 a.m.

Rose Pool at CMU

Last Class December 13

Starts again on January 13

Exercise

CLASSES AT THE COA

10:15 Hi/Aerobics

11:00 Lo/Aerobics

M-W-F

FITNESS ROOM

Walk the fitness trail M-W-F 9:00 a.m. around the COA building’

ALSO there is an Aerobic Program at

Weidman Community Building

Mondays & Thursdays, 4:30 p.m.



Activity Center

TRIPS

I Pad Classes

Third Tuesday of the month  
2:00 p.m. Room B

December 17 Photos

Learn how to save from an email, or capture what is on your screen, how to send photos through email, post to face book or twitter, how to print and organize photos with albums.

Let’s keep these classes going. Come and listen to Judy Czarnecki from the Chippewa District Library teach you the skills you need to enjoy your I pad.

In January there will be another Introduction Class for those first time users. Topics for the year 2014 will be planned.

You do not have to sign up for these classes just come ahead and bring your I pad.

\*\*\*\*\*



Christmas Movies  
In December

- 9 “A Christmas Story” 10:30 a.m.
  - 10 “Elf” 10:30 a.m.
  - 11 “Deck the Halls” 1:00 p.m.
  - 17 “Christmas With the Kranks” at 10:30a.m.
  - 19 “The Santa Clause” 12:45 p.m.
- All movies are in Room B.  
No reservations necessary.



2014

Florida Keys & Fort Myers Beach  
January 30 - February 13  
\*\*\*\*\*



Texas  
March 24 - April 7  
\*\*\*\*\*

Quad Cities  
Mississippi Cruise  
Isle of Capri Casino Hotel  
Oldies Music on the 4 hour cruise  
“Always a Bridesmaid” play  
at the Circa Dinner Theatre  
April 23-25  
\*\*\*\*\*

Legends Review Music  
on 4 hour cruise  
“Love, Lies and the Lottery” play  
at the Circa Dinner Theatre  
August 13 - 15  
\*\*\*\*\*



Dear Travelers,

Beginning in January 2014 these extended tours will not be published in the “Active Living” newspaper. Tours will continue to be offered. A brochure will be available to you about five times a year and can be picked up at COA. Thanks for supporting our tour program!



989.772.0911 extension 340

**Holiday  
Parks Gift Certificates**



**Craft/Bazaar  
& Bake Sale**  
Andahwod Senior Center,  
2910 S. Leaton, Mt. Pleasant  
**December 11, 2013**  
**9a.m.– 4 p.m.**

Besides the Craft/Bazaar items (which are unique to the seller) and the Bake sale we are having a 50/50 raffle and our regular Elders Breakfast for \$3.50 per person.

**For more information  
please contact  
Amy Shawboose, Elders  
Advocate at 989-775-4302**

FWF Eat Smart Menu

December 2013

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chili Corn Bread Tossed Salad Graham Goldfish Fresh Orange	3 Beef Stew Biscuit Broccoli/Cauliflower Salad Tropical Fruit	4 Chicken Pattie w/Bun Lettuce and Tomato Baked Potato Fruit Cocktail	5 Roast Pork Bread Sweet Potatoes /Spinach Pears Cookie	6 Baked Chicken Bread Whipped Potatoes/Gravy Crunchy Vegetable Salad Cherry Fruit Cup
9 Chicken/Rice Casserole Bread California Blend Tossed Salad Tropical Fruit	10 Veal Parmesan Bread Peas Fruited Coleslaw Citrus Fruit Cup	11 Baked Ham / Dinner Roll Broccoli Citrus Salad Sweet Potatoes Steamed Cabbage Gelatin Cake	12 Meatballs Bread Redskin Potatoes Stewed Tomatoes Peaches	13 Lemon Baked Chicken Bread Oven Roasted Potatoes Broccoli/Cauliflower Salad Cinnamon Applesauce
16 Salisbury Steak Bread Whipped Potatoes Brussels Sprouts Pears	17 Trout Melt Bun Kidney/Chickpea Salad Carrots Strawberries	18 Turkey Loaf Bread Corn Pea Salad Mixed Fruit Cup	19 Lasagna / Garlic Toast Tossed Salad Broccoli Michigan Fruit Cup Graham Goldfish	20 Turkey Stew Biscuit Coleslaw Grape Banana Fruit
23 Macaroni & Cheese Bread Green Beans Carrot Salad Pineapple	24 CLOSED Christmas Eve	25 CLOSED Christmas	26 Sliced Turkey Bread Whipped Potatoes/Gravy Corn Pears	27 Smothered Chicken Breast Bread Cauliflower/Cabbage Salad Redskin Potatoes Apricots Cookie
30 Corn Chowder Breadstick Hard Cooked Egg Tossed Salad Peaches	31 CLOSED New Year's Eve			

Menus are Subject to Change Without Notice  
Reservations are Required 24 Hours in Advance

Milk provided with all meals  
Suggested Donation \$2.50

**Rosebush** Village of Rosebush Manor 4210 E.  
Rosebush Road, Rosebush Meals M-W-F 10:00a.m.-2:00p.m.  
Katie Showers, Site Manager **433-0151**

Last month was a great month to be thankful at Rosebush Food with Friends; thankful for nature (Chippewa Nature Center), thankful for health (flu shot clinic), thankful for music (Dale Prigeon and the dulcimer group) and, of course, thankful for pennies for bingo!

This month, take a break from the hustle and bustle of the season and join us for a nice lunch and activities that will keep you in the holiday spirit all the way to January! From music to games and crafts, there is something for everyone. It will be so much fun, it would even make the Grinch smile!

All activities are provided in cooperation with Rosebush Manor.

December Calendar		
4	Penny Bingo	1:00
6	Chippewa Nature Center “Ring Things”	12:45
9	Bingo with Prizes (courtesy of Hospice)	1:00
11	Food With Friends Christmas Dinner	12:00
	Penny Bingo	1:00
13	Good Times Band Ice Cream Social	1:00 2:00
16	Christmas Bingo	1:00
18	Penny Bingo	1:00
20	The music of Leon Seiter	1:00
22	Decorating Christmas Cookies	1:00
25	Merry Christmas! (Closed)	
27	Snowflake Craft	1:00
30	New Year’s Party	1:00
31	Happy New Year! (Closed)	

This page is sponsored by: **Prestige Centre and Prestige Place Assisted Living**



**Weidman** Senior Center 3453  
N. School Road, Weidman  
Meals M-F, 9:30 a.m. - 1:30 p.m.  
Marjie Evans, Site Manager **644-2538**

The weather outside may be frightful, but it is just heating up in here! Do you enjoy Euchre, Pepper, or Cribbage? We are looking for you! Every Monday in December is dedicated to these games. Give us a jingle or stop in so we can pair you up.

Join us every Wednesday as the River Ramblers entertain us with ole’ time country and blue grass music. The fun doesn’t stop there! Look right for other ways to get involved.

Do you have an interest not reflected in our activities? We welcome you to share that interest with us! We look forward to seeing you! Give us a call and reserve a meal today!

December Calendar	
2	Euchre/ Pepper/ Cribbage
3	Making cut-out cookies
4	River Ramblers 10:00
5	Bingo
6	Joyce Kilmer’s Birthday Anniversary 1886 Read/ Share his poem, “Trees”
9	Euchre/ Pepper/ Cribbage
11	River Ramblers 10:00 Christmas Dinner
12	Wendy from Clare Tendercare with wellness information
13	Importance of Color – Dress colorfully!
16	Euchre/ Pepper/ Cribbage
17	Nutrition Topic – Eat Smart, Live Strong
18	River Ramblers 10:00 Birthday Party for Marilyn Hackenbruch, Bob Karcher, Emma Koontz, Doris Terbush
19	Various Cards/ Rummy
23	Euchre/ Pepper/ Cribbage
24	Closed – Christmas Eve
25	Closed – Christmas
27	Holiday Wheel of Fortune!
30	Euchre/ Pepper/ Cribbage

**Shepherd** United Methodist Church  
107 W. Wright, Shepherd  
Meals M-W-F, 10:00 a.m. - 2:00 p.m.  
Cindy Bromell, Site Mgr. **828-5106**

We surely had much to be thankful for in November. Thank You to Tendercare of Mt. Pleasant for providing us with the birthday cake for our November birthday party and presenting on *Eating Smart, Living Strong*. Thank You to Nancy Cotter for donating Bingo prizes.

Join us for a delightful December. Every Monday, Wednesday, Friday we get together for a great meal and conversation, activities and lots of laughs with delightful people. We have Euchre Wednesdays and Fridays. We have Bingo on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month. On Dec. 11 at 12:30, Trooper Mike White will present winter driving safety tips. Join us for an ice cream party on Dec. 20 to celebrate the day before the first day of winter! Right at Home in Home Care and Assistance is our December activity sponsor.

December Calendar	
2	Share winter memories and traditions
4	Tri-ominos/Dominos, Euchre after lunch
6	Games in morning, Euchre after lunch
9	Christmas songs, bring Holiday CD Euchre after lunch
11	Holiday Dinner 12:30 - Trooper White Presentation: “Driving Safety Tips for the Winter”
13	Games in the morning, Bingo after lunch
16	Craft Day – making ornaments
18	Games, Euchre and Cookie Decorating Day
20	Ice Cream Party to celebrate winter
23	Various Games
27	Bingo after lunch
30	Share your holiday photos or fun stories

**Winn** Community Building  
2583 West Blanchard Road, Winn  
Meals M-W-F, 10 a.m.to 2 p.m.  
Denise Peltier-Pohl, Site Mgr.  
**866-2520**

Merry Christmas and Happy New Year! What a year! Wow! Where did it go? What a fun time we’ve had in 2013! Just like a family we’ve had ups and downs, but we’ve supported each other through it all!

Come on in for our Christmas Dinner on Dec. 11. Return on Dec. 23 for our BIG Christmas Party w/ Santa, Darlene & Les Jenkins. We’ll have a \$5 gift exchange if you you’d like to participate; men buy for men, women buy for women.

Fridays are still good out here! Quieter, but we’re here for visiting, playing cards and helping with wrapping presents! Come see me for a happy time!

December Calendar	
2	Nancy and Benny Lopez
4	Harold Helman
9	Randy and Julie Davis
11	Christmas Dinner w/ Rocky, Les and the Gang
16	Leon Seiter and Maxine Vadar
18	The Louisells and The Hendricks
23	The BIG Christmas Party w/ Darlene & Les Jenkins, Santa, and \$5 gift exchange.
30	Mark Ray and Mark Baumann

**COA Activity Center**  
2200 S. Lincoln Rd, Mt. Pleasant Meals:  
Monday thru Friday Open 8a.m. – 4:30p.m.  
Penny Wisney, Site Mgr. **772-0748**

Join us for Food, Fun, and Friendship in Room C! We have a place for you! Lunch is served Mon-Fri at noon. Please call to make reservations a day in advance. See you soon!

December Calendar	
2	11:15 Word search/Crossword 1:00 Pinochle, Dominoes, Poker
3	10:00 Country Music 12:30 Card Games & Board Games
4	10:30 – 1:00 Cookie Exchange Day 1:00 Bridge, Euchre, Pepper
5	1:00 Beginning Line Dancing
6	12:45 Woodland Hospice Bingo
9	10:30 Movie: “Christmas Story” 1:00 Pinochle, Dominoes, Poker
10	8:00 Community Breakfast - \$5.00 cost for everyone – <b>Reservations Required</b> 10:00 Country Music 10:30 Christmas Movie: “Elf” 12:30 Card Games & Board Games
11	Christmas Party 11:15 Deal or no Deal 12:00 Christmas Dinner 1:00 Movie: “Deck the Halls” 1:00 Bridge, Euchre, Pepper
12	11:00 Bells-Chippewa Nature Center 1:00 Beginning Line Dancing
13	12:45 – 2:00 Gingerbread Houses
16	11:00 – 11:45 Christmas Craft Project 1:00 Pinochle, Dominoes, Poker 12:45-2 W. Hospice Dessert & Learn
17	10:30 Movie: “Christmas with the Kranks” 12:30Ice Cream Social / Holiday Toppings 1:00 Card Games and Board Games
18	CMU Women’s Basketball Game – <b>Reservations Required</b> 9:30 Breakfast, suggested donation of \$2.50 for adults age 60+, \$5.00 cost for those 59- 11:00 Bus leaves for the game at Central 1:00 Bridge, Euchre, Pepper
19	11:00 Christmas Karaoke with Brianna 12:45 Movie: “The Santa Clause” 1:00 Beginning Line Dancing
20	12:45 Meijer’s Bingo
23	11:30 “Eat Smart, Live Strong” 1:00 Pinochle, Dominoes, Poker
24, 25	Closed
27	12:45 Laurels Bingo
30	10:30 – 1:00 New Year’s Party 1:00 Pinochle, Dominoes, Poker
31	Closed

IN MEMORY OF

**Richard “Dick” Bolton III**  
**(veteran) who passed away**  
**11/27/10**  
Sharon Bolton

**Donald Pohl**  
Ronald & Lois Doerr  
Anita McGuire  
John & Viki Bollman  
Trudy & Harry Smith

**Jack Krontz**  
Patricia Krontz

**Gala Casner**  
Harold & Becky Murphy  
Judy Welsh  
Larry Thomas

**Lee M. Houghton**  
Marilyn & James Piggot  
Barb, Maryetta & Matt Houghton

**Lillian Falsetta**  
Anita McGuire

**Catherine Pasch**  
John & Viki Bollman  
Gary & MaryAnn Mogg

**Bob Lodes**  
Janet Lodes

**Doyle “Red” & Lee Bowen**  
Jack & Mary Lou Westbrook

**Edward A. Kalis**  
Bessie Kalis

**Ginger Claybaugh**  
Leota Curtiss

**Donna Carr**  
Leota Curtiss

**Chum Methner**  
Jean Cole  
Catherine Garrett

**Betty Jo Martin**  
Norm & Marilyn Assman  
Gary & Ann Cole  
Mary Jane Shippee  
Jean Cole  
Catherine Garrett

**Elwood “Jack” Walton**  
Ruth Wentworth

**Dean Muterspaugh**  
Charles & Ellen Peterson

**Food with Friends**  
**In Memory of**

**Gala Casner**  
Richard & Teresa Kay Rieck  
Lyle & Sharon McBride  
Sue & Pete Cotton  
Marjorie & John Sheppard

**Patrick Fussman**  
Janet Fussman

**Arnold Ehl**  
Anonymous

**William F. Murphy**  
Patricia Murphy

**Active Living**  
**In Memory of**

**Gala Casner**  
Jack & Mary Lou Westbrook

**Joyce Heistand**  
Zenona Kyser

**Jack Walton**  
Jack & Mary Lou Westbrook

**Lois & Emery Wilson**  
Jim & Delores Morford

**Vivian Vanas**  
Joe Vanas & Darla & Dan Pippie

**William F. Murphy**  
Patricia Murphy

**George McClain, Jr.**  
Joyce McClain, Melanie Allan,  
Beth Ann Nesbit and Kerry McClain

**Gold Key Volunteers**  
**In Memory of**

**Johnnie Richardson**  
Anonymous

**Needle Craft**  
**In Memory of**

**Joyce Heistand**  
Charles & Doris Roethlisberger  
Gold Key Volunteers

**Activity Center**  
**In Memory of**

**Lyle Bryant**  
Esther Bryant

**Sue Blodgett**  
Larry Blodgett

**George McClain, Jr.**  
Joyce McClain  
Melanie Allan  
Beth Ann Nesbit  
Kerry McClain

Active Living Makes a Great Gift!

Are you looking for a gift for someone? How about a gift subscription to Active Living? You can use the form on the back page.

***Thank You*** to our Readers and Sponsors who donate to Active LIVING. We appreciate and need your support! We are still short of our annual goal of **\$24,000.00.**

Have you donated to Active Living yet? ***Please*** consider donating to Active LIVING.

Donations to COA

**Activity Center**

Jean & Richard Thomas  
Lee Hobson  
Lynn Holmes  
Michael & Dawn Pudlik  
Alice Hetherington  
Mel Onuskanich  
Christa Kamenetsky

**Gold Key Volunteers**

Brenda Eisenberger

**In Home Services**

Terrance & Evelyn Coughlin  
Dorrene Rogers  
Stan & Sandy Parks

**Volunteer Transportation**

Catherine Hollenbeck in honor of her birthday Nov. 14!  
Mary Pickleman

Donations to ACTIVE LIVING

Phil Chipman	Norman Eifler	Ula Cummins
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Beverley Mapes	Alice Louisell	Gertrude Smith
Rich & Sandy Wood	Charles & Doris	Frank Frick
Richard & Sharlene	Roethlisberger	Clara Jane Garner
Wilson	Mary Leatherman	Debbie Barker
Ada Morey	Janet Johnston	Delores & William Myler
Ronald & Marilyn	Marjorie & Kenneth	Rose O’Brien
Western	Keene	Ray Zimmerman
Carolyn Kinberg	Ken & Vivian Kopke	Kim Douglas-Waugh
Janice Lather	Alice Spayd	Tom & Sandy Aitken
Catherine Hollenbeck	Edmond Bearse	Sharon Pickett

This page is sponsored by: **CLARK family FUNERAL CHAPEL & CREMATION SERVICE**



# Computer Training

At Veterans Memorial Library  
301 S. University Ave., Mt. Pleasant

## December Calendar of Free Classes

2	11:00 a.m.	Basic Computing
4	6:00 p.m.	Windows 8
16	11:00 a.m.	Basic Internet

Remember that individual help is also available in between classes. To register for these classes call **773-3242 ext 23**.

# Weidman Activities

**Weidman Community Center (WCC) Bridge St. Mondays and Thursdays--WCC**  
Low Impact And Resistance Band Exercise-- 4:30-5:15 p.m.

**Mondays & Tuesdays--WCC**  
Beginner Line Dancing --9:00-11:00 a.m.  
Donation, Come Early For Instruction  
All proceeds go to the community center.  
Call Marilyn for Info 644-5915

**Wednesday--WCC**  
Sponsored by Weidman Bus Association  
Bingo 6:30 p.m.--Doors Open At 5:30 p.m.  
Call Karen For Info 644-2266

Country Quilters --9:30 a.m. until 2:00 p.m.  
Call Sally for info 644-2661

**Thursday--WCC**  
Euchre--Play Promptly Begins At 6:00 p.m.  
Call Karen for info 644-2266

**WOOD CARVING - ALL LEVELS**  
1st Friday of month - Dec. 6, 9:00 AM  
3rd Saturday of month- Dec 21 9:00 AM  
Masonic Hall 3250 Woodruff  
Call Richard 644-3306

**Events at Weidman Eagles--VFW Drive Behind Fire station**  
**Wednesdays & Thursdays--Eagles**  
Public invited  
Beginner Line Dancing-- 5:30 to 7:30 p.m..  
Donation-- Call Marilyn 644-5915 for Info  
**Thursdays--Eagles 4:00-8:00 p.m.--Taco Bar**  
Make Your Own At The Full Taco Bar.  
**December 13 - Friday** All you Care to Eat  
Chicken & Fish Dinner, 4:00 - 8:00 p.m. with  
Dessert and Beverage \$10 Donation  
Public Invited

# COMMISSION ON AGING ADVISORY BOARD

District 1	Roxanna Dunevant
District 2	Ruth Anne Maniteau
District 3	Shirley Decker
District 4	John Dinse
District 5	Rebecca Bott
District 6	Ken Kopke
District 7	Sarvjit Chowdhary
At-Large	Therese Mosier
At-Large	Claudia Douglass

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# Temporarily Away

Active LIVING is not “forwarded.” If newspapers are returned, we remove the individual from our mailing list. **To get back on the mailing list, you must contact our office with your current address.** If you are planning a winter vacation or will be away or are moving, call **772-0748** or use the form on page 16.

# Active LIVING Deadline

Each issue of Active LIVING is printed and mailed to our readers before the 1st of each month. In order to complete the entire process we need to receive information for submission by the 10th of the prior month. Please understand all articles submitted are subject to editing for content and space restrictions. Thank you.

# Isabella County Commission on Aging

Brenda J. Upton, M.A., Executive Director

# Mission Statement

The Mission of the Isabella County Commission on Aging is to promote the health, independence and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities.

The Isabella County Commission on Aging (COA) is a leading multi-service agency that provides a community focal point for the needs of our Older Adult population.

The following programs focus on assisting individuals who are sixty (60) years of age and older and live within our geographical service areas:

## In Home Services Program

- Case Management
- Caregiver Training
- Counseling / Information
- Homemaking
- Medicare / Medicaid Assistance
- Personal Care
- Respite Care
- Fitness

## Food With Friends Program

- Congregate Meals
- Home Delivered Meals

## Foster Grandparent Program

- Senior Companion Program

## Activity Center Program

- Activities /Trips


## Gold Key Volunteer Program

- Volunteer Opportunities
- Transportation

Donations or fees for all programs and services are requested. If we can assist you or someone you know, please call (COA) at **989-772-0748** Monday thru Friday between 8:00 a.m. and 4:30 p.m.

Funding sources include Client Donations, Memorials, Planned Estate Gifts, Saginaw Chippewa Indian Tribe, Michigan Office of Services to the Aging, Isabella County Senior Millage, Federal, State, Isabella County and Gratiot County appropriations.

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Send to: Friends of Isabella Seniors (COA)  
2200 S. Lincoln Rd.  
Mt. Pleasant, MI 48858

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Please make checks payable to:  
*Friends of Isabella Seniors*

The **Friends of Isabella Seniors** organization is operated exclusively for charitable purposes, within the meaning of Section 501 (c)(3) of the Internal Revenue Code to encourage and assist with the provision of programs and services for older adults in Isabella County operated in cooperation with the Isabella County Commission on Aging.

***Suggested contribution to Active Living: \$20.00 per year*** helps to cover the costs of producing and mailing the paper. A great way to remember when to send your donation is to send it on your birthday each year.

***Address Changes:*** Active Living is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office. *Please notify the COA office using the delivery form at left each time you request a change to assure we record changes correctly.*

# Happy Holidays!

## Holiday Closings

Dec. 24 Christmas Eve

Dec. 25 Christmas Day

Dec. 31 New Year’s Eve

Jan. 1 New Year’s Day

# Drivers Needed:

**Volunteer Drivers are needed at COA to deliver lunchtime meals or transport older adults to medical appointments. Mileage reimbursement is provided. Please Call 772-0748.**


# DECEMBER 2013 ACTIVE LIVING

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48858



Friends of Isabella Seniors  
2200 South Lincoln Road, Mount Pleasant, MI 48858